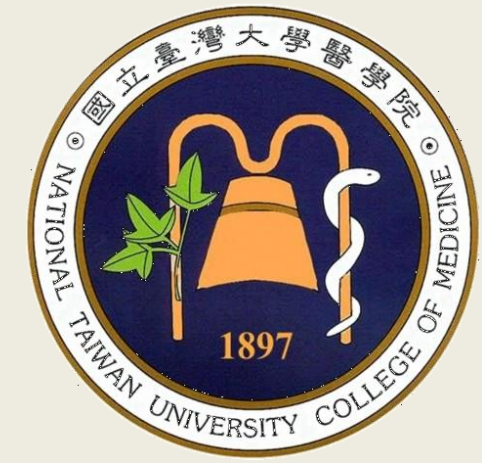


Develop and disseminate an evidence-based self-supporting care model in Taiwan: a study protocol



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Background

In 2016, disability population accounted for 16.41% of Taiwan's older adults, which has significant implications for economic costs and the burden of long-term care. How to provide good care and enhance quality of life for disabled older adults is really a big issue for health care providers.

The concept of **self-supporting care** was from Dr. Takeuchi Takahito, who is a famous professor promoting dementia care in Japan. The self-supporting care **emphasis on life autonomy and independence, aims to restore the ability of activities in daily living for disabled older adults.**

Learning experiences from Japan, Mr. Lin Jin-Li, the CEO of Senior Citizens Welfare and Protection Association of Yunlin Country in Taiwan, starts to introduce the "self-supporting care" model with three principles "**Non-restraint, Non-diaper and Non-bedridden**" in different communities. Many cases report showed that, when providing proper care plan, the clients' ability of activities of daily living were improved. The caregivers were also able to gain a sense of achievement and recognition of their profession. However, there is only few empirical evidence about the effectiveness of self-supporting care model in Taiwan.

Purpose

The purpose of this study is to **develop and disseminate an evidence-based self-supporting care model** in different long term care settings and communities in Taiwan.

Method

This will be a three-year study.

In the first year, based on the literature review, we will develop a self-supporting care model for disabled older adults in long term care institutions and communities. The **assessment criteria, standardized intervention protocols and evaluation tools will be developed.** The educational materials and training program will be developed and provided for long term care professionals, nursing care aids and primary caregivers in communities. **In the second year**, an action research will be conducted. The self-supporting care model will be **implemented for some clients in long term care institutions and at their homes.** The qualitative and quantitative information will be collected to develop the evidence data.

In the third year, an experimental study will be conducted to **evaluate the effectiveness and the feasibility of the self-supporting care model.** Through the testing and modification, the model will be disseminated in different communities.

Results

The results of the study will **provide evidence to support the effectiveness of the self-supporting care models in different long-term care settings in Taiwan**, which will help to improve the older adults' autonomy, improve caregivers' self-efficacy, and optimize the quality of the long-term care.

Conclusion

Different from traditional approach, this model will **provide a new vision of life dignity for older adults and their caregivers** in Taiwan. The research results will be also a reference for the government to implement the long-term care policy in the future.

